

ABSTRACT OF THE DISCLOSURE

5 An exercise machine which includes a base upon which a user stands alongside an upwardly extending support. A handle, mounted to a lever rotatably fixed to the support, extends over the base so that the user can grip the handle with both hands and rotate the handle along a circular loop, alternately bending at the knees and then moving to an upright position, with arms extended, against a variable resistance force which is generated by a
10 flywheel connected via a drive mechanism to the lever.